

CREATIVE SMILES

# Diabetics are at risk for dental infections

**D**IABETES is a disease that affects the way your body uses food. There are two types. Type 1 is referred to as insulin dependent or immune-mediated diabetes, and is caused by the inability of the pancreas to produce insulin.

Insulin is necessary for the vast number of blood cells in our body to use glucose, a sugar that helps sustain life. Type 2 is often referred to as non-insulin dependent or adult onset diabetes and is the much more common form, occurring in roughly 90% of the cases.

With type 2 diabetes, your body does not make enough insulin or cannot properly use it. Your physician has most likely informed you of the complications of untreated or poorly controlled diabetes, which include kidney failure, gangrene or possible amputation of the lower extremities (legs and feet), blindness, or stroke.

As dentist, I am mainly concerned with the effects on the gums, and immune (disease self-defense) system. Gum (periodontal) disease is generally more common and more severe in patients with diabetes. This is because blood cells in the gums and jawbone that protect us from infection are not as effective. This means that the diabetic needs to work more diligently on oral hygiene, brushing and flossing, as well as make sure the disease is as controlled as possible. If you have a dental infection, and require either a root canal or need to have a tooth removed, there are

some important things for you to remember. Make sure you eat your normal breakfast before you go to the dentist. If you are taking insulin, take your normal dosage unless your dentist and physician have agreed to alter the dosage. If you have not eaten and are in pain or feel a high degree of stress prior to a dental procedure, this can cause your blood sugar to drop. By eating (we use the expression, "keep them sweet") and taking the proper amount of insulin, you reduce the potentially dangerous complication of hypoglycemia (low blood sugar). Diabetics, especially poorly controlled diabetics, are at an increased risk for infection- that includes potential complications from dental infections. If your diabetes is under poor control "brittle", and your blood sugar is very high, dental surgical procedures may need to be delayed until you are under better control. In some cases, you may need to take antibiotics prior to certain dental treatments to reduce the risk of infection.

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 The following information is provided as a general guideline. It is NOT intended in place of professional care. Since every pregnancy may vary, consult your physician or dentist for advice on your particular situation.

(Advertising Supplement)

## Kris: I felt used...

From PAGE B4

My point is, limang linggo naming inalagaan ito. *Naiyak lang ako kasi parang ako ang naiipit.* This morning, Noy (Aquino, senator and Kris' elder brother) said, "*Tumawag ka na sa kanila.*"

*But you're not ready yet?*

I will be. Touched *naman ako sa effort nila.* In their letter to me they said: "Please believe that we greatly appreciate all your support. You have to know we believe you are an irreplaceable ally. But first and foremost you are a dear friend and family. *Wag ka na magalit,* please. We were overtaken by events, trapped in something unforeseen, if only you know all the details. We can only hope you will understand

and we feel very bad you got upset. We love you forever. With much *palangga,* always, Mar and Korina."

*Ayaw kong maging mababaw.* On a Wednesday, I was asked to do a VTR for the *Wowowee* Saturday episode. We could've preempted our Friday episode for them. *para yung sit-down interview sa amin.*

We heard that you have plans to run for public office, too.

I promised my mom I won't run. People say I'm perfect for it. My mom always says, "With Kris' lifestyle she can't afford it." The last thing she wants is for me to become corrupt.

I'm also scared because I don't want to disappoint my mom. I really want to protect her legacy. I really think that if I get into it, it will be if I'm sure *hindi ko gagalawin ang* country development fund; if I'm sure I can live simply. Bilib ako kay Tito Nene Pimentel and Mayor (Alfredo) Lim, *kung ano ang car nila noon, 'yun pa rin ngayon.*

*How much are you worth now?*

Not much.

*P50 million?*

I'm worth more *naman!* *Wala kasi kaming utang ni James.* *'Yun ang pwede naming ipagmalaki.* We have investments that are already earning money. We know our work is not forever. It's my mom who says "While it's there, take care of it." *Pinapagalitan n'ya ako kapag maluhog ako.*

*Is this why you don't own a Hermes bag?*

My mom made me promise not to buy one for myself. She said, "You better promise me. Or else I will really be upset."

*What's the most expensive bag that she owns?*

*Ang mga nice bags niya galing lahat sa akin,* except maybe two or three that she bought abroad, *sale pa.* Now, I don't give her bags anymore, *rich na kasi ako—cars na!* In 2006, I bought her a Previa. In 2008, I gave her a Super Grandia. Each year, when she celebrates her birthday, I give her a month's worth of my salary in ABS-CBN. She would say, "It's too much! I'm putting it in a time deposit for your kids so when I die, all of it would go back to them."

*What would you consider your luho?*

Shoes. I didn't know that my Ate told mom *kung magkano ang mga sapatos ko.* She said, "That's too much, Krissy!" *Ngayon kapag nagku-kwento ako* about my shoes *'di ko na lang sinasabing mahal.*

*Don't you have plans of having another baby?*

I really don't know yet, *baka I'll die.* When I had Baby James, I had eclampsia. My blood pressure went up to 200/120. My lungs, kidney and liver collapsed. My mom said, "Krissy, while I'm sick, please, don't. *'Yan ang ikamamatay ko—worrying about you.*"

*There are rumors that you were partly responsible for Crissy Fermin's expulsion from The Buzz.*

I will not deny that I was given that prerogative. Tita Cory (Vidanes, ABS-CBN TV head) told me: "It was your show first and if you want to get back, we can put her elsewhere." My mom taught me, "Nobody should ever lose a job because of you, *kahit sinaktan ka pa.*" That's what I told Tita Cory, and even Jobert (Sucaldito, co-host) when he asked me when I was going back. *Hindi ako nagpapaka* Mother Teresa, I just don't want it to happen to me in the future when I'm no longer Kris Aquino.

Ai Ai de las Alas said she now considers Sharon Cuneta her best friend. She said that unlike James, Sen. Kiko Pangilinan likes her.

Of course she'd say that. They have a movie *'di ba* (laughs)? They really had a lot of bonding time. I don't mind that she said that. As my mom said, *Baka tawagin na naman niya akong impaktita.*

She said unlike you, Sharon gave her pricey jewelry pieces. She said what she got from you was just a Gucci bag.

It's true. *Kasi ang laki ng binayaran ko sa BIR.* Issuing a check for the BIR was really painful. I really, really cried. ■

## RAYMOND LOTUACO D.D.S.

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# Kultura Corner

Take pride in Our Artistic Heritage! New at Seafood City Eagle Rock!

Seafood City launches the new Kultura Corner at its Eagle Rock location. The Kultura Corner carries a line of premium gift items from The Ayala Museum Shop. The unique and beautifully-crafted pieces take inspiration from the works of famous Filipino artists such as Fernando Amorsolo, Juan Luna, Ang Kiukok and Federico Alcuaz.

The Kultura Corner aims to promote Philippine culture by making products such as these special gift items available to Seafood City shoppers.

Now displayed at the Kultura Corner are one-of-a-kind items, with beautiful craftsmanship. These are also very affordable, ranging from five dollars for a box of notecards to about thirty dollars for a decorative plate.

Even better is that a percentage of the sales of the Kultura Corner items will be donated to GILAS (Gearing Up Internet Literacy and Access for Students in the Philippines).

GILAS is a project of Seafood City and the Ayala Foundation intended to provide basic internet connection & computer training for public school students in the Philippines.

Seafood City is the largest Filipino-Asian retail chain in the United States with 17 stores overall. In Eagle Rock, Seafood City is located at the Ground Level, Eagle Rock Plaza, 2700 Colorado Blvd., Eagle Rock, CA 90041.



An excellent example of Filipino artistic ingenuity! The new Kultura Corner at Seafood City in Eagle Rock showcases gift items and collectibles from The Ayala Museum Shop. These are unique, "Collector's Edition" items that are perfect for gift-giving or as a special addition to your own home.



Coffee Table Books & Publications (above) from The Ayala Museum Shop allows you to browse through images and narrative about some of the key highlights of Philippine history.

Decorative Plates (below) features reproductions of masterpieces by Fernando Amorsolo and Federico Alcuaz — a unique gift for someone special!